

# HOW TO SHAKE FREE OF WHAT HOLDS YOU BACK

*They will perish, but you endure;  
they will all wear out like a garment.  
You change them like clothing, and they pass away;  
but you are the same, and your years have no end.”  
--Psalm 102:25-27 (NRSV)*

1) \_\_\_\_\_.

*“As Jesus made his entrance into Jerusalem,  
the whole city was shaken. Unnerved, people were asking,  
“What’s going on here? Who is this?”  
--Matthew 21:10 (Message)*

*[Jesus said:] “There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see ‘the Son of Man coming in a cloud’ with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.”  
– Luke 21:25-36*

*“At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook and the rocks were split.”  
--Matthew 27:51*

*“the foundations of the earth shake.”  
--Isaiah 24:18 (New Living Translation)*

2) \_\_\_\_\_.

*“Long ago you laid the foundation of the earth,  
and the heavens are the work of your hands.*

3) \_\_\_\_\_.

*“The mountains and hills may crumble,  
but my love for you will never end;  
I will keep forever my promise of peace.”  
So says the LORD who loves you.”  
--Isaiah 54:10 (Good News)*

*“We who have run for our very lives to God have every reason to grab the promised hope with both hands and never let go. It’s an unbreakable spiritual lifeline, reaching past all appearances right to the very presence of God where Jesus, running on ahead of us.”  
--Hebrews 6:19 (Message)*